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QUITE A RACQUET
TENNIS PRO WORKOUT CAN WHIP YOU INTO SHAPE {page 31}



NO KIDDING
MOTHERHOOD NOT IN LADY GAGA'S PLANS
SINGER'S BABY TALK {page 17}



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RYAN TAPLIN/METRO HALIFAX



'Home away from home'

- Queen Elizabeth II begins Canadian tour in Halifax, says it's good to be back
- Wet weather doesn't rain on parade as hundreds greet royal couple {page 6}

▶ Queen Elizabeth II and Gov. Gen. Michaëlle Jean wave to the crowd gathered at the Garrison Grounds yesterday.

Sleep watcher

Woman touched by intruder

- Police unsure if incident in south end linked to similar break-ins
- Man entered home through an unlocked door, officials say {page 3}

Deadly blast in Pakistan's south

Truck of chemicals explodes after pressure builds {page 8}

Baby food packs adult wallop

Study finds many products high in sugar and salt {page 9}

Can't fight the Twilight



Fans of hit vampire saga gearing up for release of third movie in series {page 13}

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Garrison Queen's visit



▶ Umbrellas were the norm for most of yesterday due to the wet weather.

RYAN TAPLIN/METRO HALIFAX

Royal devotees wait come rain or shine

Visitors to the Garrison Grounds huddle under umbrellas in the pouring rain yesterday as they wait to catch a glimpse of Queen Elizabeth II. It rained heavily throughout most of yesterday, only letting up by the late afternoon. Today's forecast calls for more rain in the morning and early afternoon with a high of 24 C.

Woman touched by sleep watcher

- **Man believed to have entered home through unlocked door, fled after victim awoke: Police**
- **Investigators trying to determine if suspect is linked to similar incidents in 2008, 2009**



ALEX BOUTILIER
HALIFAX@METRONEWS.CA

Police are investigating another instance of sleep watching in Halifax's south end.

At approximately 6:30 a.m. Saturday, Halifax Regional Police say a woman awoke to a man touching her in her Chestnut Street residence. The man — described as about five-foot-10 with a thin build and dark hair — went out the back door after the victim awoke. She wasn't injured.

Police believe the perpetrator entered the residence through an unlocked door.

Spokesman Const. Brian Palmeter said police are investigating the possibility this is the same "sleep watcher" from previous incidents in the south end from 2008 and '09. He cited similar descriptions and methods.

"There hasn't been a case where there's been forced entry, so it would seem to suggest the simple precaution of keeping your doors locked is a great first step."
HRP CONST. BRIAN PALMETER

"The same investigator has been assigned to this file as all the other ones," he said. "The description is vague, so we aren't able to definitively say that the person is connected but we will be looking at that possibility."

Police are advising residents to lock all windows and doors before going to sleep.

"There hasn't been a case where there's been forced entry, so it would seem to suggest the simple precaution of keeping your doors locked is a great first step," said Palmeter.

Anyone with information is asked to call Halifax Regional Police or Crime Stoppers at 1-800-222-8477.

1 news

Welcome

Welcome to your new, fresh-faced Metro!

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You'll also discover new ways to engage with your Metro, from contests to write-ins to the chance to send a message to someone you love! We hope you'll find us more engaging than ever.

CHARLOTTE EMPEY, EDITOR-IN-CHIEF



FUELLING BUSINESS

Province accepts advice on gas promo

The province is accepting nine of the 10 recommendations made from the Nova Scotia Utility and Review Board on gas promotions.

Effective Sept. 1, the province says it will establish a registry that will allow consumers to view and compare gas promotions.

In addition, the government will track petroleum pricing and volumes — to gauge the impact of gas promotions.

Earlier this year, the UARB found gas promotions don't have a major impact on rural gas stations, and more competitive gas prices will lead to more affordable gas across the province.

METRO HALIFAX

No surprise over fed restraint: MLA

RYAN TAPLIN/METRO HALIFAX FILE PHOTO



▶ Finance Minister Graham Steele talks to reporters.

▶ Steele says new strategy will not hurt quest to balance N.S. books



ALEX BOUTILIER
@METRONEWS.CA

The federal government's new philosophy of fiscal restraint will not affect Nova Scotia's quest to balance the books, according to Finance Minister Graham Steele.

At the G20 meetings in Toronto last weekend, Prime Minister Stephen Harper pushed for financial restraint among member countries, who agreed to cut their budget deficits in half by 2013 — meaning less stimulus funding for the provinces.

"The message that I read coming out of the G20 is they're trying to strike the right balance of fiscal restraint, but doing it at the right pace," said Steele. "And certainly that fits in with what we are already doing here in Nova Scotia."

Steele said the reining in of stimulus funding does not come as a surprise.

"It really ... has been built in our expectations for the future," he said. "Canada, as a country, and also the provinces are very much already on board with the message of getting back to balance."



"There are going to be real market consequences unless major developed economies start to get their debt levels under control."
PRIME MINISTER STEPHEN HARPER, FROM G20 MEETINGS

Loose oil cap blamed in spill

Halifax Regional Police say an insecure cap on a hauling truck was responsible for dumping up to 75 litres of oil on the Bedford Highway and into the Sackville River.

Nova Scotia Environment spokeswoman Jodi Sibley said the spill happened at around 10 a.m. yesterday.

"Inspectors have been on the site all day working with the cleanup company to ensure that the proper measures are being taken," said Sibley.

She could not say if the driver of the truck will face charges. "That's all part of the investigation," she said.

50 to 75: The number of litres the province's environment department estimates was spilled from the hauling truck.

METRO HALIFAX

Grants aim at Fundy fitness

The Nova Scotia government is aiming to encourage activity and fitness through a series of grants to recreation facilities in the Fundy region.

THE CANADIAN PRESS

MacKay Bridge shut down on Canada Day for project

The MacKay Bridge will be closed on Canada Day as part of a $7.4-million maintenance project taking place.

The bridge is closed from 9 p.m. Wednesday to 5 a.m. Friday.

METRO HALIFAX

METRO HALIFAX FILE PHOTO



▶ Bill Estabrooks

New centre reports positive

Trade Centre Limited released five new reports on the financial viability and public opinion of the proposed convention centre for downtown Halifax yesterday.

The five reports, four contracted externally and one conducted internally, deliver a positive light for the facility. The studies address issues of market demand for convention and trade shows, market projections, and a destination analysis. The reports were commissioned by TCL in their ongoing efforts at lobbying the province to move ahead with the 1.4-million-square-foot facility, which will cost upwards of $350 million. Transportation and Infrastructure Renewal Minister Bill Estabrooks said a decision would be made by July 19.

Trade Centre and the province were criticized for refusing to release the original four consultant's reports on the centre's business case, a decision Estabrooks overturned. The studies are available at the site conventioncentre info.com.

ALEX BOUTILIER

GRADUATE



Aaron Matthew James McInnis

Graduated from Memorial University Saint John's, NL
May 26, 2010
Bachelor of Science
Biochemistry Degree
Son of Matthew & Natalye McInnis
Grandson of Rosemarie LeBlanc, George Albert & Bertha LeBlanc, Doris McInnis & the late Douglas McInnis

First in the family to graduate from university. We are all very proud and wish you the best with your future.

Love Mom, Dad, Ryan & Jordyn

Aaron gives thanks for your continued love, support & faith, without it he could not have achieved his goals.







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Royals arrive to enthusiastic welcome

Queen says she's 'delighted' to be back in Canada Royal couple's schedule packed for today

JENNIFER TAPLIN
@METRONEWS.CA

Queen Elizabeth II and Prince Philip, Duke of Edinburgh, were enthusiastically welcomed to Nova Scotia yesterday.

"My mother once said that this country felt like a home away from home for the Queen of Canada. Prime minister, I am delighted to report that it still does and I am delighted to be back amongst you all," she said.

She added her pride in this country has never been dimmed and said she was very glad to be home.

22 The Queen has made 22 official visits to Canada.

Itinerary

Today is a full day for the Queen and the Duke of Edinburgh. Here are some highlights:

- **Presentation** The Duke of Edinburgh presents a World Ship Certificate to the HMCS Haida.
- **Lunch break** Luncheon at CFB Halifax.
- **Naval inspection** The royal couple will inspect ships for the International Fleet Review.
- **Meeting the troops** Reception at Government House for the 2nd Battalion Royal Canadian Regiment.
- **Cultural celebration** A Celebration of Nova Scotia at the Cunard Centre.

ANDREW VAUGHAN/THE CANADIAN PRESS



▶ Queen Elizabeth, accompanied by Grand Chief Ben Sylliboy, attends a Mi'kmaq cultural event yesterday in Halifax. The royal couple is on a nine-day tour of Canada.

Hundreds brave rain to meet Queen

JENNIFER TAPLIN
@METRONEWS.CA

Hundreds of people were already soaked by the time Queen Elizabeth II arrived at the Garrison Grounds. Then the rain stopped.

"We bear it. Whatever, it's rain," said Jessica Hamilton, 26. "It's just not everyday the Queen is in Canada."

People of all ages stood at the foot of Citadel Hill and watched the ceremony.

Helga Mills, 75, said she was very proud to be a Nova Scotian.

Marion Arbeau, 65, brought flowers to give to the Queen, but was unable to present them.

"I'm just so happy to be here," she said.

The Queen stopped to talk to Yvonne Mulligan.

"I said, 'It's just so nice to see you,' and she said, 'It's marvelous that the rain stopped for a moment.'"

Haley Aucoin, a 10-year-old girl from Lower Sackville, presented a flower to the Queen.

"She asked me why there was no stem on my flower and I said it cracked off," the Girl Guide said. "It was really cool."

PAUL CHIASSON/THE CANADIAN PRESS



▶ Queen Elizabeth, followed by Prince Philip, greets children yesterday during a walkabout.

"I'm just so happy to be here."
MARION ARBEAU, 65

Residence rededicated

The Queen and the Duke of Edinburgh rededicated Government House yesterday afternoon.

The royal couple will be residing at Government House while staying in Halifax.

This was the first time the building was dedicated since the cornerstone was laid in 1800.

Royals visit Cultural Village

Yesterday the Queen and Duke of Edinburgh toured the Cultural Village set up on the Halifax Common for Membertou 400.

They were shown a number of displays, including basket-making and the game of waltes.

They were given a basket, a painting and a CD of animated Mi'kmaq legends.

"We are humbled and honoured by Her Majesty's heartfelt interest in learning more about our history, culture and future," said Grand Chief Sylliboy.

JENNIFER TAPLIN

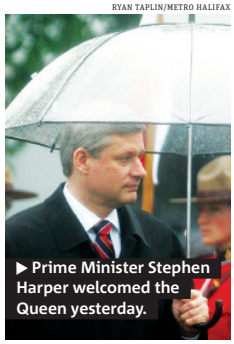
Harper offers thanks

"Thank you, your majesty, for over half a century of wise and gracious service as our monarch.

"Welcome," said Prime Minister Stephen Harper.

JENNIFER TAPLIN

RYAN TAPLIN/METRO HALIFAX



▶ Prime Minister Stephen Harper welcomed the Queen yesterday.

Musicians win over crowd, PM

People were dancing in their rain gear and even Prime Minister Stephen Harper was tapping out a beat as Rawlins Cross belted out a Celtic tune yesterday.

The few performances on a covered stage showed a cross section of Nova Scotia culture including Acadian acts Blou and and the Baie en Joie Dancers.

Murdena Marshall of the Eskasoni First Nation read a Mi'kmaq prayer and the Halifax Boys Choir sang God Save the Queen.

JENNIFER TAPLIN

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Chemical tanker explodes

18 people killed, 40 wounded, nearby shops destroyed in southern Pakistan city Terrorism ruled out

PERVEZ MASIH/THE ASSOCIATED PRESS



Local residents gather at the site of a truck explosion at a depot on the outskirt of Hyderabad, Pakistan, yesterday.

A truck carrying chemicals accidentally exploded yesterday in southern Pakistan after pressure built up in its storage tank, killing 18 people and wounding 40, police said.

Hundreds of people rushed to the truck depot in Hyderabad city to search through the rubble of destroyed shops for dead and wounded, local television footage showed.

Authorities ruled out terrorism and determined the blast occurred from a pressure buildup, said Mohammad Ali Baloch, the senior police official in Hyderabad.

The truck was carrying 30,000 litres of "thinner," said Babar Khattak, the police chief in Sindh province where Hyderabad is located. He was not more specific about the chemical being transported. Pakistan has been wracked by terrorist attacks over the past few years, prompting the army to launch a series of offensives against the Pakistani Taliban along the country's northwest. Militants also often launch attacks on trucks carrying supplies to NATO and U.S. forces in neighbouring Afghanistan.

Yesterday, Taliban fighters ambushed a Pakistan army convoy as it passed through a village in the Bajur tribal area, killing four soldiers, said Mohammad Jamil Khan, a senior government official in Bajur.

THE ASSOCIATED PRESS

Journalist killed

Pakistan also experiences violence at the hands of a separatist movement in the southwestern province of Baluchistan

Separatists shot and killed a local reporter Sunday as he travelled in a vehicle with his family, said Paris-based Reporters Without Borders. Faiz Muhammad Sasoli's death raises to seven the number of media workers killed since the start of the year in Pakistan, the group said yesterday.

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News in brief

UN summer camp trashed

GAZA STRIP. Masked men trashed a UN summer camp yesterday, tying up guards and slashing tents and an inflatable pool in the second such attack blamed on suspected extremists in just over a month — a sign of how, in Gaza, youth camp is not just about crafts and volleyball.

Rival day camps by the United Nations and Gaza's Islamic militant Hamas rulers compete for the hearts of the next generation, the roughly 700,000 children under 15 who make up nearly half of the Gaza Strip's population.

THE ASSOCIATED PRESS

Setback for gun control

WASHINGTON. The top U.S. court, in a blow to gun control advocates, ruled yesterday that states and cities cannot bar Americans from owning firearms.

The ruling by a narrowly divided Supreme Court builds on a case decided two years ago in which the court found that the city of Washington's ban on handguns violated the U.S. Constitution's guarantee of the "right to keep and bear arms."

The earlier ruling applied only to Washington, a federal district with a unique legal standing. Yesterday's ruling effectively expands that decision to prevent states and other cities from imposing similar rules.

The court was divided along ideological lines, with five conservative and moderate justices in favour of gun rights and the four liberals opposed.

THE ASSOCIATED PRESS

Crown won't appeal ruling

WINNIPEG. The Crown attorney's office in Manitoba has decided not to appeal a decision that granted bus beheader Vince Li his first small taste of freedom.

The Crown says there are no legal grounds to challenge a ruling by a criminal review board to allow Li short, supervised walks on the grounds of the mental hospital where he is being held.

Li was found not criminally responsible for stabbing and beheading Tim McLean on a Greyhound bus in July 2008.

THE CANADIAN PRESS

News in brief


▶ Mayor David Miller

No inquiry into G20 rioting?

TORONTO. The Ontario government says it's up to Ottawa to call a public inquiry into the G20 Summit that roiled Toronto.

And Toronto Mayor David Miller insists no inquiry is needed, saying the city's Police Services Board will conduct a routine review with input from citizens — and anyone who feels they were mistreated by police can complain directly to the provincial Office of the Independent Police Review Director.

But Ontario's New Democrats say there are "far more questions than there are answers" after the wild weekend of violence and the decisions that led up to it, making it essential to have an inquiry into how Toronto was chosen, security was planned, as well as police tactics and strategy over the weekend.

TORSTAR NEWS SERVICE

Population tops 34 million

STATISTICS. Canada's population now exceeds 34 million, with British Columbia showing the strongest growth rate of all provinces, according to Statistics Canada.

As of April, the national population was estimated at 34,019,000, a jump of 0.26 per cent — or 88,100 people — from January.

Immigration accounted for 71 per cent of the increase, while 29 per cent was attributable to natural increase. The four western provinces and three territories all posted growth rates above the national average.

THE CANADIAN PRESS

Sugar, spice not so nice for toddlers

Study shows many foods aimed at babies contain unhealthy levels of sodium, sugar ◐ Author warns of 'halo effect' of kid-targeted products

A study suggests pint-sized convenience foods aimed at babies and toddlers pack a grown-up wallop of sugar and salt and normalize an unhealthy diet from an extremely early age.

Professor Charlene Elliott of the University of Calgary plucked products intended for the very young off supermarket shelves and examined their nutritional makeup.

She found items such as cereal bars, child-portioned microwave dinners, fruit jelly snacks, and dessert purees for babies.

Of 186 different products, 63 per cent were found to have high levels of sodium or too many calories from sugar. More than half derived over 20 per cent of their calories from sugar.

THE CANADIAN PRESS HANDOUT



▶ Professor Charlene Elliott authored the study.

Elliott said such products have started appearing on shelves within the last five years and are likely to exploit parents who are legitimately pressed for time and want to give their children their own special clothes, toys and food.

Such foods often enjoy a "halo effect," she suggested. Parents assume the products must be healthy since they're made for children.

THE CANADIAN PRESS

"The fact that you can have things like 'premium organic first cookie for toddlers' marketed suggests that it's perfectly acceptable to be feeding your toddler a cookie or following up your baby's dinner of strained peas with baby food dessert. The normalization of these foods is something you really have to watch."

CHARLENE ELLIOTT, STUDY AUTHOR

ADVERTISING FEATURE

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Nikki MacGillivary,
BSc, C Ped Tech(C), C Ped(C)
Certified Pedorthist
Orthopaedic Technologist

G20 cause flap over stimulus flip

Beware a repeat of the 1870s and 1930s depressions, Nobel laureate warns ◗ Most leaders back deep cuts to deficits

The morning after leaders of the big economies called for bitter medicine to cure the world's ills, many analysts said the prescription will lead to slower growth and at least one prominent economist said it could trigger a depression.

The alarming analysis came from Nobel laureate Paul Krugman, who argued in the New York Times that by turning on a dime from stimulus to restraint, governments are threatening to turn a recession into a full-fledged depression.

"We are now, I fear, in the early stages of a third depression," Krugman writes. "Around the world ... governments are obsessing about inflation when the real threat is deflation."

The other two recorded depressions — lengthy and deep economic contractions — occurred in the 1870s and the 1930s.

Even some economists who agreed with the G20 consensus, such as Craig Alexander of TD Bank and Brian Bethune of IHS Global Insight, wondered if countries such as Germany were taking austerity too much to heart.

Falling numbers

Canadian data suggests April growth, when it is revealed tomorrow, will be about 0.1 per cent. Second-quarter growth is expected to be less than half the 6.1 per cent pace of the first three months.

Of course the G20 leaders don't see it that way.

Spooked by Europe's debt crisis, leaders in Toronto, with the possible exception of Japan and the U.S., believe spending cuts to at least halve deficits in the developed world by 2013 are essential to avert, not cause, a second financial meltdown.

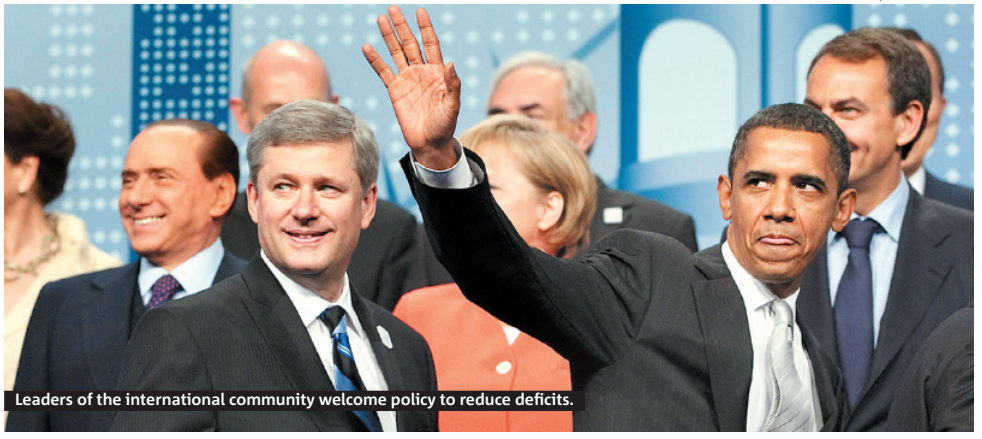
Yesterday, the Bank of International Settlements added another official blessing.

There's little doubt the recovery remains fragile, says Bethune.

But he says the damage of government restraint can be offset by stimulative monetary policy that keeps interest rates as low as possible — a policy, he says, to which Canada should return.

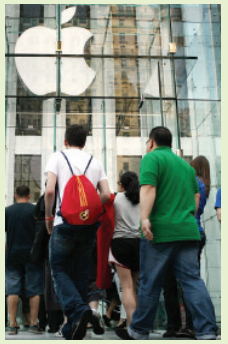
THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS



Leaders of the international community welcome policy to reduce deficits.

News in brief



Apple rings up iPhone 4 sales

NEW YORK. Apple Inc. said yesterday that it sold more than 1.7 million units of its new iPhone model in the first three days, making it the most successful product launch in the company's history in terms of sales.

The iPhone 4 went on sale Thursday in the U.S., Britain, France, Germany and Japan. High demand for the model caused shortages and unruly crowds at some stores.

The device goes on sale in Canada in late July.

THE ASSOCIATED PRESS

Tata fuels growth plan

MUMBAI. The board of India's Tata Motors has approved a plan to raise $1 billion US by issuing securities to fund growth and reduce debt, the company said yesterday.

India's largest commercial vehicle maker said in a statement it would raise 47 billion rupees ($1 billion) through a combination of equity shares, bonds, debentures and warrants in Indian and international markets in several tranches, as market conditions permit.

THE ASSOCIATED PRESS

Oilsands pilot seeks approval

CALGARY. Value Creation Inc. is planning to build a new high-tech oilsands project that it says can more easily transform the molasses-thick crude into a product refineries can handle.

The privately held Calgary-based firm, and its BA Energy Inc. unit, said yesterday they have filed an application with Alberta's energy regulator to build a 1,000 barrel per day pilot project on its TriStar leases near Fort McMurray, Alta.

THE CANADIAN PRESS

Court tweaks anti-fraud law

WASHINGTON. The Supreme Court yesterday struck down part of the anti-fraud law enacted in response to Enron and other corporate scandals from the early 2000s, but said its decision has limited consequences.

The justices voted 5-4 that the Sarbanes-Oxley law will now allow the Securities and Exchange Commission to remove board members at will.

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Offers available at participating dealers only. Dealer may sell or lease for less. Factory order may be required. Limited time offers. Offers may be cancelled at any time without notice. Some conditions may apply. See participating Dealer for details. ■ The Ford Five-O Event ("Five-O") is in effect from May 1, 2010 to June 30, 2010 at participating Ford of Canada Dealerships. During the Five-O Event, one or more combinations of $0 first month's payment, $0 down payment, $0 due at signing, $0 security deposit, and $0 first maintenance will apply to the purchase finance or lease of select new 2010 Ford vehicles. Offers vary by model and not all combinations will apply. Offers are available to retail customers only and may only be available on approved credit (OAC) from Ford Credit. Offers include freight and Air Tax but exclude license, fuel fill charge, insurance, PDI, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. These offers are subject to vehicle availability and may be cancelled at any time without notice. Dealer may sell or lease for less. Limited time offers. Some conditions apply. See your Ford Dealer for complete details. **Offer valid from May 1, 2010 to June 30, 2010. $0 first month's payment applies to the first month payment for financing customers making payments in monthly intervals, or the sum of the first and second payments for financing customers making payments in bi-weekly intervals (each a "First Payment"). First Payment is required from customer on the purchase finance or lease of eligible new 2010 Ford vehicles delivered on or before June 30, 2010. Customer will receive a cheque for the amount of their First Payment from the dealer. First Payment will be paid up to a maximum amount of ($500) / ($750) / ($1,000) per eligible 2010 Focus, Fusion, Escape, Ranger (F-) / Mustang (excluding GT500), Taurus, Edge, Flex, Explorer, Explorer Sport Trac, Transit Connect, E-Series (excluding Cutaways and Stripped Chassis)/Expedition, F-150 (excluding Chassis Cabs and Raptor). Offer only available to customers who finance or lease through Ford Credit. Offer not available to cash purchase customers. Offers is only available on approved credit (OAC) from Ford Credit. A, X, Z plan customers are eligible for $0 first Payment, see dealer for details. Not combinable with Commercial Fleet Incentive program, CPA, GPC or Daily Rental Allowances. Rainchecks only available on the purchase of eligible vehicles. ***Receive $0 first maintenance with the purchase or lease of a new 2010 Ford Ranger or F-150 (excluding Raptor). Customer may choose between (i) complimentary First Maintenance Service as defined by your new vehicle Owners Manual (generally includes an air change, tire rotation, and multipoint inspection) which must be redeemed at the original selling dealership within one (1) year of delivery of the applicable vehicle; or (ii) a credit towards the purchase of any Ford Maintenance Protection Plan at time of delivery in the amount of $5,500 on Ranger/F-150 (excl. Raptor). Offer has no cash value. ****Receive ($2,500) / ($4,500) / ($6,000) / ($9,400) ($5,000 price adjustment + $2,400 Delivery Allowance) in price adjustments when you cash purchase, purchase finance or lease a new 2010 ford Ranger Reg. Cab XL/XLT) / Ranger Super Cab XL/Mustang V6 excluding Value Leader) / (F-150 Regular Cab Ranger Super Cab excl. XL) / (F-150 Super Cab & Supercrew Cab) models. **Receive up to $10,000 in price adjustments on most remaining 2010 Super Duty Models when you cash purchase, purchase finance or lease a new 2010 Ford Super Duty. See dealer for details. Limited time offer. Factory order may be required. ^Purchase a new 2010 Ford Ranger Regular Cab FEL for $12,499. Offer delivery allowance of $2,500 (deducted). Taxes payable on full amount of purchase price after Delivery Allowance $2,500. Offer excludes freight and air tax of $1,400, licence, insurance, registration, PPSA, administration fees and all applicable taxes. Model shown is Supercab Sport for $13,699. All prices are based on Manufacturer's Suggested Retail Price. ▲ Program in effect from June 1, 2010 to June 30, 2010 (the "Program Period"). To qualify for the Ford Recycle Your Ride Program rebate (the "Rebates"), customer must first qualify for either the "Retire Your Ride Program", a program funded by the Government of Canada, or Summerhill Impact's "Car Heaven Program". To qualify for the "Retire Your Ride Program", customer must turn in a 1995 model year or older vehicle that is in running condition (able to start and move) and has been properly registered and insured for the last 6 months. If customer qualifies for either the "Retire Your Ride Program" or Summerhill Impact's "Car Heaven Program", Ford of Canada ("Ford") will provide an additional rebate, if customer purchases or leases an eligible new 2010 (on or after June 1st 2010) Ford or Lincoln vehicle, in the amount of $1,000 (Focus, Fusion Mustang, Transit Connect, Ranger), $2,000 (Taurus, Escape, Edge, Flex, Explorer, Sport Trac), or $3,000 (F-150, F-250/-350, E-Series, Expedition, MKC, MKS, MKT, Navigator) (each an "Eligible Vehicle"). To be eligible for the Rebates(s), Ford must receive the following from customer, within 30 days of delivery of new Ford/Lincoln: (i) signed Ford Recycle Your Ride Claim Form; and (2) signed original ownership transferring customer vehicle to either "Retire Your Ride" or "Car Heaven" or "Authorized Recycler Drop-Off Receipt". The Rebate will be paid directly to customer in the form of a cheque. The Rebates are available to residents of Canada only and payable in Canadian dollars. Eligible vehicle must be purchased, leased, or factory ordered during the Program Period to qualify for a Rebate. The Rebates can be used in conjunction with most retail consumer offers made available by Ford at either the time of factory order or delivery, but not both. The Rebates are non-cheque able. The Rebates are not combinable with the previous Ford Recycle Your Ride incentives in effect from September 3, 2009 to March 1, 2010. The Rebates are not available on any vehicle receiving CPA, GPC or Daily Rental Rebates and the Commercial Fleet Rebate Program (CFRP). The "Retire Your Ride Program" and Summerhill Impact's "Car Heaven" Program are not available to residents of Northwest Territories, Yukon Territory, or Nunavut. Offer provincially specific rewards may be available in association with the "Retire Your Ride" Program or Summerhill Impact's "Car Heaven" Program. For more information visit retireyourride.ca or car4heaven.ca. Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. © 2010 Ford Motor Company of Canada, Limited. All rights reserved. ^Offer valid from June 1, 2010 to June 30, 2010 (the "Offer Period") to resident Canadian Costco members in good standing, active as of April 30, 2010. Use this $1,000 Costco member offer towards the purchase or lease of a new 2010 Ford Fusion (including Hybrid), Taurus, Mustang (excluding Shelby GT500), Edge, Escape (excluding Hybrid), Explorer, Explorer Sport Trac, Expedition, Flex, F-150 (excluding Raptor), Super Duty (including Chassis Cab), E-Series, Transit Connect, Lincoln MKC, Lincoln MKS, Lincoln MKT or Lincoln Navigator (each an "Eligible Vehicle"). This offer is not stackable. The new vehicle must be delivered and/or factory-ordered from your participating Ford Motor Company of Canada dealer within the Offer Period. Offer is only valid at participating dealers, and is subject to vehicle availability and may be cancelled or changed at any time without notice. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. This offer is transferable to immediate family members living within the same household as an eligible Costco member. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at either the time of factory order (if ordered within the Costco Offer Period) or delivery, but not both. On applicable vehicles, this offer can also be combined with the Commercial Connection Program incentives, fleet Program, and for small fleets with an eligible FIN, this offer can also be used in conjunction with the Small Business Incentive Program (SBIP). This offer is not combinable with any "OPA/GPC or Daily Rental incentives, or the Commercial Fleet Incentive Program (CFIP). Customer may use the $1,000 as a down payment or choose to receive a rebate cheque from Ford Motor Company of Canada, but not both. Applicable taxes calculated before $1,000 offer is deducted. The offer is payable in Canadian dollars and is available to residents of Canada only. 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AN OPPORTUNITY TO SPREAD THE WEALTH

She says ...

JESSICA NAPIER



During a recent Saturday morning shopping trip to the market I found myself confronted with an overwhelming array of exotic dips.

Yep, that's right. From roasted red pepper hummus to olive and feta cream cheese, it seems the cracker topping possibilities are endless these days. I lingered at this particular stall for a while; I was attending a housewarming party later that evening and had been given the responsibility for "all things spreadable."

Apparently, while I spent the last couple of years doing the whole graduate school, unpaid internship, backpacking in Europe thing, one of my much more financially responsible friends had found the time and the money to purchase her very own condo.

Although I recently hit a couple of pretty big milestones — signing the lease for a tiny (but beautiful) apartment and landing a full-time job — I can't help but think that I've fallen behind the pack a little. Sometimes it feels like everyone around me is getting promoted, or pre-approved or proposed to, while I'm just happy to be getting health benefits ... finally!

"I started to wonder — if I had this much trouble choosing between sundried tomato or spinach, how could my friends possibly be committing themselves to mortgages and husbands?"

During the 20 minutes I spent trying to pick an appropriate housewarming dip, I started to wonder — if I had this much trouble choosing between sundried tomato or spinach, how could my friends possibly be committing themselves to mortgages and husbands?

Soon I'll be moving up into that next age box — you know, the 25-to-29 range — which is both horrifying and exciting. I'm sad to say goodbye to those hilarious and irresponsible years of my early 20s ... but there is something to be said for maturity. Sometimes it's nice to a spend a sunny Saturday morning pondering over patés at the market instead of in bed with a serious hangover and a bass player's phone number written on your arm in eyeliner.

Ultimately, I couldn't bring myself to buy just one type of spread. I decided to waste far too much money and indulge in a variety of hummuses and tapenades and cream cheeses, because those are the silly little luxuries you can afford to overspend on when you don't have a mortgage.

Cartoon



Noteworthy

Haiti's population expected to grow

Haiti's population will continue to grow quickly despite the tremendous loss of life in the January earthquake, according to U.S. Census Bureau estimates released yesterday.

The bureau estimates Haiti's current population at 9.6 million, based on an estimated quake death toll of 230,000. It projects the impoverished country will recover and surpass its pre-quake population level by 2012. By 2050, the bureau says, Haiti will have 13.4 million people.

THE CANADIAN PRESS

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G8 great value for kids

Letters & Tweets

TORONTO. Canadians are right to question the real value of hosting the G8 and G20 summits. As leader of an organization focused on making the world a better place for children, the value to me is clear.

The opportunity to speak to the most powerful global leaders at one time about the needs of those children is unmatched by any other forum.

For at least a brief moment last week, thousands of journalists told stories of children and mothers living in poverty who need global leaders to address their plight. While we hoped for much more because of this G8, 1.3 million children will survive past their fifth birthday and 64,000 women will survive pregnancy and childbirth. That is something of great value.

DAVE TOYCEN, PRESIDENT AND CEO, WORLD VISION CANADA

EDMONTON. First of all, I love Metro. However, your continued publishing of Lindsay Lohan tweets is not necessary.

If she does something truly amazing, such as cleaning herself and her reputation up, print that.

Most readers will agree that most of her tweets are not tweet-worthy.

Please find some other more interesting celebrity tweets.

DAVE STAWNICHY

G8 leaders

SEAN KILPATRICK/THE CANADIAN PRESS



What do you think of Metro's redesign?

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Metro has the right to edit letters and comments.

Metro Minute with Kristin Roe

A Halifax marathon swimmer is a step closer to her attempt to cross the English Channel this summer.

Kristin Roe completed a six-hour continuous qualifying swim across the Northumberland Strait Friday, covering approximately 16 kilometres.

She's hoping the channel swim will raise $100,000 for the Stephen Lewis Foundation and the Nova Scotia Gambia Association. She also wants to build awareness for the work both organizations are doing to deal with HIV/AIDS in Africa.

Roe will leave for England July 10 and her swim will take place between July 19-27, depending on weather and water conditions. METRO HALIFAX

CONTRIBUTED



▶ Kristin Roe

Release of Eclipse coincides with lunar eclipse ● Tours offer fans first-hand look at the locations where Edward and Bella embarked on Twi-adventure

CHRIS PIZZELLO/THE ASSOCIATED PRESS



▶ Twilight star Robert Pattinson poses with fans at the premiere of The Twilight Saga: Eclipse in Los Angeles

Fans in frenzy over Twilight

LINA TOYODA
SCENE@METRONEWS.CA

"From what I've seen with the previews and trailers, this movie looks like it's been taken to a whole new level."
MICHELLE PAN

Twihards, Twilight moms and fanpire friend are all part of the Twilight lexicon among the legion of fans for the hugely popular vampire saga of teen romance and divided loyalties.

The countdown is on for Eclipse, and twilighters are rustling with anticipation for the third installment to hit theatres tomorrow. Like a cosmic coincidence, the release of Eclipse has lined up with a lunar eclipse.

Summit Entertainment, working with Canada's E1 entertainment, took this opportunity to stage a free fan event and a multi-city open air screening of New Moon on Saturday night.

"The fans of the series have just been so unwavering in their support and they're so loyal," said Charlene Coy, director of publicity at E1.

"The Twilight Saga seems to have all the ingredients to concoct a perfect fantasy of everlasting love for an ordinary and, well, the "plain Jane" kind of girl, says 17-year-old Michelle Pan, creator of bellaandedward.com, one of the most well-known fan sites in the U.S.

"Most of the fan base is teenaged girls," says Pan. "I would say like 99 per cent are all female with the occasional guy who's a fan of Twilight but there aren't very many."

Pan could be called an expert fan, and has been invited to the Hollywood premieres of the Twilight series and recently penned the book Bella Should Have Dumped Edward.

"Some of the fans, they are so dedicated, they sleep in a tent outside in the middle of Los Angeles for four days straight to see these actors and actresses. That's hardcore dedication right there," she laughs.

Convention, set tours bring story close to fans

Some discussions among fans in Michelle Pan's book, Bella Should Have Dumped Edward, include: Is Bella an independent girl or is she a blank canvas that needs to rely on a man? And, Should Bella have ended up with Edward or Jacob?

The Official Twilight Convention 2010 by Creation Entertainment has one Canadian date on its tour to Aug. 1 in Toronto.

In Vancouver, Twilight set tours offer fans a first-hand look at the real locations where Edward and Bella embarked on their Twi-adventures, and a chance to hear some insider tales of where the young actors hang out while shooting in town. Go to vancouversettours.com for more info. ● LINA TOYODA



▶ Michelle Pan

Petition calls for Twi-events

The Official Twilight Fan Club on Facebook has over 76,000 members.

In an effort to bring more Twi-tours and events to Canada, a group called "Twi-Can Petition: Bring Twilight to Canada!" currently has over 2,300 members who don't want Canada to miss out on the Twi-parade. ● LINA TOYODA

2 scene

News in brief



1 Vince Neil of Motley Crue charged with drunk driving in Vegas. ● METRO

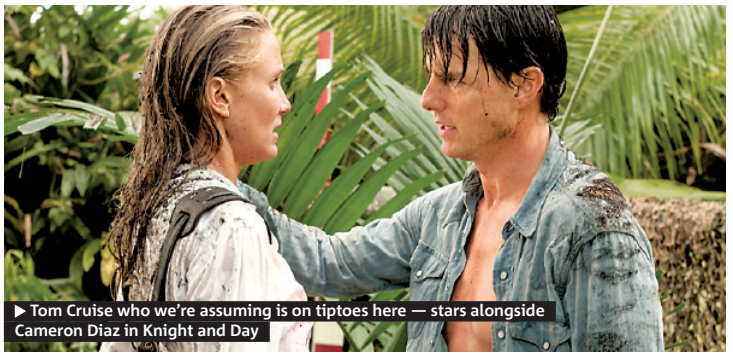
2 Secret tapes say Oprah was contender for Senate seat. ● METRO

3 Twilight author Stephenie Meyer scores another hit with The Short Second Life of Bree Tanner: an Eclipse Novella. ● METRO

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▶ Tom Cruise who we're assuming is on tiptoes here — stars alongside Cameron Diaz in Knight and Day

Get it, SHORTIES!

In honour of Knight and Day, we look at other films where vertically challenged guys have landed statuesque leading ladies ◐ Tom Cruise, you're a pro

MONICA WEYMOUTH METRO WORLD NEWS

Who/Where		Why it worked
▶ The couple: **Tom Cruise (5'7") and Kelly McGillis (5'10")** ▶ The film: **Top Gun (1986)**		Not only does Tom Cruise seem to wear generously heeled shoes, but he goes by Maverick in this one — can't nobody hold him down.
▶ The couple: **Ethan Hawke (5'10") and Uma Thurman (6'0")** ▶ The film: **Gattaca (1997)**		Ethan Hawke is, well, Ethan Hawke — plus he bought Jude Law's DNA in this sci-fi flick. The costars married after the film (although later divorced).
▶ The couple: **Ben Stiller (5'6") and Cameron Diaz (5'9")** ▶ The film: **There's Something About Mary (1998)**		The three inches between them only adds to the "why is this supermodel talking to Ben Stiller in braces?" dynamic.
▶ The couple: **Tom Cruise and Nicole Kidman (5'11")** ▶ The film: **Eyes Wide Shut (1999)**		These two were married. And in 2006, Cruise walked down the aisle with another who would tower over him in red carpet heels — Katie Holmes, 5'9".
▶ The couple: **Ben Stiller and Jenna Elfman (5'10")** ▶ The film: **Keeping the Faith (2000)**		It's a weird duo, for sure — but in the end, we think Stiller's rabbi is a more-likely, less-creepy match than Edward Norton's priest.

SOURCE: IMDB.COM | PHOTOS: GETTY IMAGES

When Cruise was Hollywood king

Before all the couch-jumping, Tom Cruise was Hollywood's true Top Gun ◐ A look at his 5 best films

THE ASSOCIATED PRESS



▶ Tom Cruise has been nominated for an Oscar three times.

Before all the creepy laughter in leaked Scientology videos, before public spats with Matt Lauer and Brooke Shields, Tom Cruise wasn't just THE A-lister among all Hollywood A-listers, he was also an actor who could really act.

In recent years, his off-screen antics have overshadowed his on-screen talent, but this may change with his newest turn in the action film Knight and Day.

With that in mind, let's take a look at a few of his strongest roles:

Magnolia (1999)
Pretty much universally recognized as his best work ever, it earned him the third of his three Oscar nominations. As cocky self-help speaker Frank T. J. Mackey, Cruise electrified Paul Thomas Anderson's opus about intertwined lives — and falling frogs — over one day in Los Angeles. He was totally commanding in his arrogance on stage, yet also laid himself bare watching the death of his father (Jason Robards) and struggling with the conflicting emotions it stirred.

Jerry Maguire (1996)
OK, so maybe the "You complete me" scene is more than a little cheesy in retrospect. Still, his performance as a sports agent trying to rebuild his career and his personal life allowed him to show the full range of highs and lows within him.



Born on the Fourth of July (1989)
Here's where Cruise showed his ability to dig deep, and do more than just charm us by flashing that sexy smile of his and working his high-energy, verbal magic. (This was his first Oscar nomination for best actor.)

Minority Report (2002)
Sure, the visuals and the bold ideas are what you probably remember from Steven Spielberg's darkly thrilling sci-fi drama, based on the short story by Philip K. Dick. But Cruise is at the centre, holding it all together confidently as the straight man in a fantastic, futuristic world, even as his detective character, John Anderton, goes on the run for a crime he hasn't yet committed. Delivering a rare understated performance really works for him here.

Risky Business (1983)
Of course, the movie that made him a star in the first place. In retrospect, it's a classic Tom Cruise role, the prototype: a young guy who has it all and thinks he has all the answers, only to experience a comeuppance.

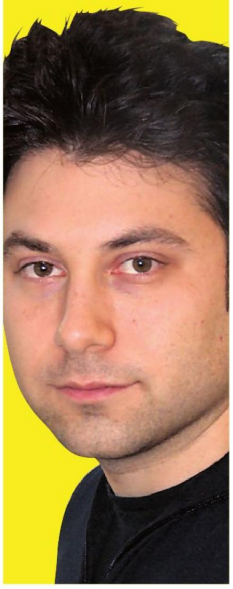
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PRIZE-WINNING PICKS

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA



On July 7 the Polaris Music Prize shortlist will be announced and the lives of a number of bands may change. The prize – and a $25,000 cheque – is awarded to the best album of 2009-10 and is voted on by about 200 journalists from across the country, including me.

While the Polaris Prize isn't as well-known as a Juno Award, winning – and sometimes nominated – musicians still see a significant rise in record sales, increased attendance at live shows, and more than a few winning artists have told me that the international media always bring it up during interviews.

Knowing this is a big responsibility for all jurists — so many good Canadian albums come out every year and picking five for the long list, and then another five for the short list, is no easy feat. I did it though. While some of my long list picks didn't make the cut, here the five records that I choose on my short list ballot. They're all albums you should listen to right now.

Shad, *TSOL*
Born in Kenya and raised in London, Ont, the 28-year-old rapper's charm lies in his ability to fuse thoughtful rhymes with a sense of humour. The song A Good Name, off this, his third and best record, encapsulates all that's great about this disc. He starts of with the funny lyric, "say what you like just spell my name right" and then passionately explains his roots.

Hannah Georgas, *This is Good*
When I first got hold of Hannah Georgas' debut disc I didn't expect much. A lot of solo artists send me bad records. But, as soon as I popped this on I was floored. The Vancouver-born singer-songwriter has mastered the indie pop hook — her songs are loaded with infectious choruses, sweet melodies and an unpretentious charm. Listen to Lovesick and you'll see what I mean.

Ghostkeeper, *S/T*
Calgary five-piece band Ghostkeeper should be the definition of a Polaris Music Prize nominated act — they push serious boundaries, take risks and, most importantly, make good music. The band combine folk, pop, blues and noise rock — a strange combination indeed, but one that must be heard.

TV watch list

When *Beauty* calls

GOOD ADVICE? Hollywood blogger Perez Hilton is best known for ripping into celebrities but tonight he tries his hand at doling out fashion advice on Anna & Kristina's Beauty Call. In this episode, he critiques Anna and Kristina's attempts to pull together a $500 outfit. (W Network)

Wipeout!

GAME SHOW. Soccer fever has hit the outrageous game show Wipeout. This week, adrenalin junkies make their way through a World Cup-themed obstacle course. (Global, ABC)

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Blast from the past

Hot Tub Time Machine
Genre: Comedy
Director: Steve Pink
Stars: John Cusack
Rob Corddry, Chevy Chase
●●●●●

The decade of giant hair, shoulder pads, neon colours and bad synthesizer music is perfect for plundering, yet Hot Tub Time Machine leaves the booty largely intact. Like the wonky Jacuzzi that gives the film its title and nutso travel mode, the movie operates in fits and starts.

It's directed by Steve Pink, friend and business associate of Hot Tub star John Cusack, who revisits and relives his '80s past along with fellow time travellers Rob Corddry, Craig Robinson and Clark Duke.

The committee of clowns behind the Hot Tub screenplay amused themselves by grafting the buddies-gone-wild hilarity of The Hangover with the time-altering drama of Back to the Future and a host of other '80s flicks.



Hot Tub begins in 2010, with three close pals who have arrived at middle age with their dreams thoroughly dashed. Adam (Cusack) is selling insurance and pulling arrows out of his butt from his latest breakup; Nick (Robinson) is a henpecked hubby in a dead-end service job; and the perpetually wasted and chronically unemployed Lou (Corddry) has been dicing with the Car Exhaust Death Machine.

Lou's flirtation with forever prompts the lads to return to the scene of their wild 1980s dreams, the alpine adventureland called Kodiak Valley where they once lived large and loud.

About that time travel thing: Suffice to say it really does involve a hot tub. The lads find themselves back in the Kodiak Valley of 1986, magically looking like they did in their youth but still possessing the bad judgment and erratic fortunes of middle age.

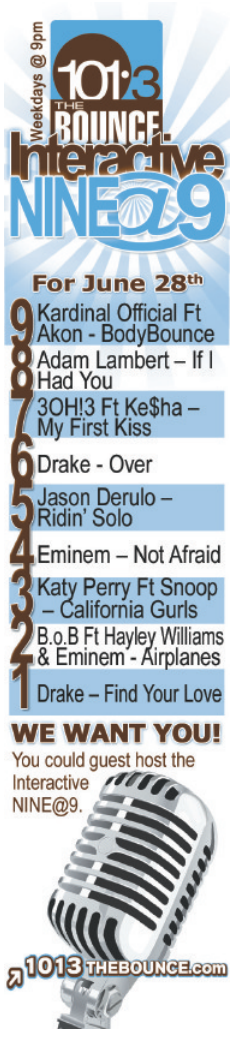
The four guys do manage something approximating The Hangover's quartet of fools. Yet as warm and inviting as Hot Tub is, there's the unmistakable feeling that many satiric targets have been missed, or ignored in favour of gross-out humour more appropriate to the 1990s. ● PETER HOWELL



The White Ribbon
Genre: Drama
Director: Michael Haneke
Stars: Christian Friedel
●●●●●

Michael Haneke's Palme d'Or winner from the 2009 Cannes fest plays like a disturbing episode of The Twilight Zone. Set in a rural Protestant village in Germany on the cusp of World War I, it tracks the rise of fascism in the slow disintegration of social values. Acts of violence and vandalism seem random at first, but begin to take on the shape of retribution; Filmed in glorious monochrome and with Haneke's keen sense of the sins of man.
● PETER HOWELL







Mel's lawyers strike back on alleged abuse

Abuse allegations by ex-girlfriend Oksana Grigorieva are slammed by he actor's expensive legal counsel

Mel Gibson's lawyer is striking back at allegations by Oksana Grigorieva that he physically assaulted her during an argument, according to Hollyscoop.

"Mel was hopeful their breakup was behind them and Lucia would be the beneficiary of co-operative parenting," says Stephen Kolodny, who insists Grigorieva is making the claims in order to win better access to the couple's eight-month-old daughter.

"Apparently Lucia will be denied that good fortune. Making sensational allegations is not the way to resolve this. Mel wants a custody settlement or a resolution in court, not the media."

Grigorieva's accusations come months after the Russian pianist spread cryptic messages about the reasons behind the couple's split.

While the Aussie-reared actor has remained silent up to now, sources say Gibson has been forced to fight back in the media for fear of losing his reputation and custody of his daughter.

On June 25, Gibson filed for a restraining order against Grigorieva, 40, in the Los Angeles Superior Court.

Radar Online reports that the case is sealed, meaning the documents cannot be released to the public. METRO WORLD NEWS

GETTY IMAGES



Back when their baby had a chance at a therapy-free life



Celebrity tweets



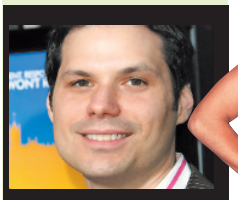
Neil Patrick Harris [@ActuallyNPH] In Athens, on vacation. Hiked up to the Acropolis. Saw the Parthenon. Blown away. So much more authentic than the one in Nashville...



Chris Brown [@chrisbrown] i got dat new iphone..... but mine has a gold twist to it..



Spencer Pratt [@spencerpratt] 'Eclipse' Top Advance Ticket Seller Of Year Glad I got My ticket! NOT!



Michael Ian Black [@mich-aelianblack] This humidity obviously wants me dead

METRO NEWS SERVICES

Talking points

Lohan hawks new TV show

COMING SOON TO THE DELUSIONAL CHANNEL Dina Lohan has a new reality TV project for any interested networks, and to sweeten the deal she's promising appearances by Lindsay Lohan, according to Page Six. "We have already started filming. The cameras follow us in our daily lives and as we promote our businesses," Dina says. "I want to prove that we are a good, hardworking family and we don't have the crazy lives that some people claim we do." METRO WORLD NEWS

No goo goo for Lady Gaga

BABY TALK Lady Gaga has no plans to pursue motherhood — at least not now. "I'm terrified of babies," she tells Rolling Stone magazine. "I think, creatively, as a woman, you change once you give birth. I'm totally not ready for that." METRO WORLD NEWS



No diapers, please

GETTY IMAGES



Guess who's a vampire

Twilight stars engage in some post-mortem PDA

Twilight co-stars Kristen Stewart and Robert Pattinson have been coy when it comes to any possible off-screen romance.

But the pair reportedly couldn't keep their hands off each other after the premiere of the series' latest film, Eclipse, in Los Angeles.

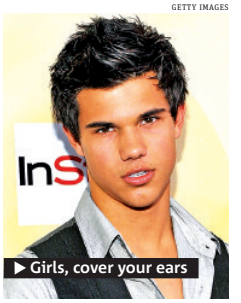
"They were kissing, nuzzling, holding hands and embracing," a source tells E! News.

The couple was spotted hitting a rooftop bar at the new movie's after-party. METRO WORLD NEWS

Werewolf Jacob howls (off-key) at the moon

Don't expect to see Taylor Lautner breaking into song anytime soon, as the Twilight star admits he's basically tone deaf. He also says he's a huge fan of American Idol, and thinks the two might be related. "I can't sing, and that's the funny thing. Maybe that's why I like watching it so much. I know there's no way I can do that," he says. METRO WORLD NEWS

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3 life

Racquet love

Want the shoulders of a swimmer, the endurance of a marathoner and the power of a sprinter? Tennis pro and Crunch gym fitness instructor Akin Akman talks us through the game — and full body workout.



ROMINA McGUINNESS
METRO WORLD NEWS

GETTY IMAGES



▶ Rafael Nadal of Spain won this month's French Open.

Shoulders

"Strong shoulders create a more powerful swing, helping you hit the ball across the net with more power. To improve shoulder strength and reflexes, practise throwing and catching a medicine ball with a partner."

Arms

"Having strong, toned arms helps increase the speed and power with which you hit the ball but the key is really down to your core strength. It's an upward ripple as the movement stems from the core, then the twisting and hip rotation, extending out to the arm."

Core

"The body's powerhouse when playing tennis is your core. Your hip movement along with your abdominal muscles are crucial in enabling the rest of the body to respond correctly. Your hips help you twist and having strong abs will help hold the body more centered."

Legs

"To remain close to the center of gravity, the game requires you to remain low, forcing you to adopt a natural squat-like position that is great for toning and shaping your legs. Running after the ball cross the court requires short burst runs similar to circuit training. The result is a fantastic cardio workout that helps you build lean muscle."

Top 5

Sports to enhance your on-court performance:

1. **Running:** Long distance ruing helps build endurance. This is necessary as tennis games can sometimes go on for hours.



2. **Weights:** Lightweight training will help tone the arms.
3. **Yoga:** Helps the body relax and is one of the best exercises for stretching your muscles.
4. **Swimming:** works the lat ('latissimus dorsi', the large flat muscle on your trunk, posterior to the arm) muscle.
5. **Sprinting:** Doing short, fast sprints will train you to get to the ball quickly.

What brings it all together?



Flexibility: Flexibility helps, as tennis requires a lot of twisting from the hips. It's not a sport that will make you become more flexible, but maintaining supple muscles with plenty of stretching off-court will help prevent injuries and improve movement.
Gravity: Tennis players remain in a lowered position in order to hold a center of gravity. Staying low and closer to the ground helps them to absorb the shock of the ball coming in at high speed and to then have the power to hit it back.



Coordination: Good coordination is what brings and holds the game together, a bit like the strings on a racket. It determines the footwork and ability to hit the ball from different angles.
Agility: The constant running from one part of the court to another and chasing after the ball requires a lot of agility, jumps and quickness of step.



METRO WORLD NEWS



▶ Surfers require good hips to ride the waves.

Sea, surf & soul searching



ROMINA McGUINNESS
METRO WORLD NEWS

Growing up on the beaches of Hawaii, Rachel Bollard has integrated yoga and surfing for years. A true beach and board babe, she sees the ocean and waves as a liquid energy unlike any other. Surfing allows every inch of the body — from mind body and spirit — to be stimulated and yoga brings longevity, power, flexibility and calm keeping you grounded and balanced.

Mind and Core

Yoga mind control and breathing is key in surfing. If a wave breaks when the surfer is underwater, breath and mind control will enable surfers to remain calm, control their fear and keep their breathing flowing until they can come back to the surface. Yoga and surfing both work towards optimum body balance.

With yoga, core body strength helps sync breathing whereas in surfing it helps surfers be in sync with the ocean. Yoga exercises counteract the extreme nature of surfing by preventing injury, strengthening core endurance and rebuilding the body and mind.

Paddle and ride

In order to find the perfect flow and rhythm of the ocean, a surfer must use inner body strength, the same used in yoga. When paddling out to the ocean, surfers use their shoulders and their back, then their hips when standing on the board and riding waves.

Yoga will help build flexibility in the hips and gently unwind the tissue in the shoulders and the back, reducing overall strain on the body and preventing muscle injury. Regular practice will also lengthen the body and increase awareness allowing surfers to remain calm and focused when riding challenging waves.

What's in a wave?

- Small waves need short and quick muscle response, requiring the surfer to be light and agile. Longer waves are more challenging and will need more endurance, muscle strength and power. Building up your core strength and a flowing breathing pattern through yoga will help surfers deal with the volatility of the ocean and feel in control of the wave.

Sweating can make summertime the pits

Scared to raise your arms on those hot summer days? From Botox to oral medications and deodorants, there are plenty of ways to keep you dry

METRO WORLD NEWS



▶ Excessive sweating can be an embarrassing problem

CELIA MILNE
WELLNESS@METRONEWS.CA

Once or twice a year, Zoe Dredge has her armpits Botoxed. It sounds odd, but Botox is catching on as a treatment for hyperhidrosis — or excessive sweating. Dredge has had the condition since puberty.

"I would have excessively large sweat patches under my arms at any given time of day, despite temperature, exertion, activity, fitness, or deodorant," she says.

Dredge, who grew up in Brisbane, Australia, learned to wear lightweight, breathable fabrics. She wasn't comfortable at dances, putting her hand up in class or giving an over-arm hug. She always thought her sweatiness was related to the heat of her home country.

"I would have excessively large sweat patches under my arms at any given time of day, despite temperature, exertion, activity, fitness, or deodorant."
ZOE DREDGE

But when she moved to often-chilly Toronto in 2007 and still had year-round "sweaty pits," she knew something was up. "When your body's fighting to remain warm and you're still sweating buckets, it makes you really aware that something is not right," she said.

Finally a friend suggested Botox. "I went for it," says Dredge, who is a bartender. The treatment was over within 15 minutes and it took full effect within two weeks. "I couldn't believe it. I still can't believe it," she says. "It's like a dream." She is re-training herself not to worry about what she wears. "I often catch myself having little blissfully care-free moments." She'll get it done again in seven to 12 months.

Other treatments for hyperhidrosis include antiperspirants containing aluminum chloride, oral medications, low-intensity electric current and surgery.

Rising from volcanic ashes

Speaking of armpits, here's a new deodorant from The Body Shop. DeoDry.

It contains drying qualities of volcanic mineral in the form of an ultra-fine powder. It's that powder that provides the water absorption action. DeoDry does not contain parabens and pore-clogging ingredients found in many deodorants. Comes in three kinds: Cool and Zesty, Chilled and Breezy, Fresh and Floral.

CELIA MILNE



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JON TATTRIE/FOR METRO HALIFAX

▶ The Fultz House is located at 33 Sackville Road in Sackville.

Rediscover Sackville

Don't miss the Canada Day parade during Patriot Days ◐ Take a hike or visit the Fultz House Museum for a detailed history of the area

JON TATTRIE
FOR METRO HALIFAX

As a long, hot summer stretches out in HRM and vacation money remains tight, it's the perfect time to rediscover the city with a day trip to Sackville.

The prime time to visit is during the Sackville Patriot Days party, which rock out for a massive week-long party around July 1.

The festivities include children's games, sports tournaments, dances and contests all culminating in the Canada Day Parade down Sackville Drive. Check it out at sackvillenovascotia.ca/patriotdays.

If you fancy educating yourself, head over to Fultz House Museum at 33 Sackville Road to learn about Sackville's roots as a British fort built at the head of the Bedford Basin to defend the settlement of Halifax against French and Mi'kmaq attacks.

The museum, which is open daily in July and August, started in 1982 and details the community's 200 year history.

If you can pull yourself away from the glitz of Sackville Drive, which earned the area the nickname "Sack Vegas," there are plenty of nature walks in the area.

Reader's comments

Why do you love living in Sackville?



Catherine and Rohan Hutka
We moved back when we had a kid, so we would have easy grandparent access.



Chad Francis
Hockey and friends.



Teade Patterson
It's easy to get to the city centre, to the airport, to Bedford and to Tantallon.

Hidden Gems

Brenda's Dog Dudz
If you're a dog person, this shop at 281 Sackville Drive is worth the trip. Brenda makes and sells dog slippers and boots, rain jackets and other clothes, along with custom-made bedding and toys. If you bring your dog, she'll make sure it gets the perfect fit.

Hella's Restaurant
The old-style diner offers some of the city's finest fish and chips. It's located at 664 Sackville Drive, but that wasn't always the case. The number on the front door was originally 666, but the owners decided having a name reminiscent of the place of eternal suffering was bad enough without adding the number of the beast.

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Affordable ownership

Enter the market with $50K Semis range from $140K to $180K

JON TATTRIE
FOR METRO HALIFAX

Lower, Middle and Upper Sackville offer a broader range of housing options than most areas of HRM. It's possible to enter the real estate market with $50,000 and you're not likely to spend more than $500,000.

David Grace of Exit Realty specializes in Sackville properties and says "mini homes," or mobile homes, run $50,000 to $90,000, depending on location.

"The majority of mini homes in Nova Scotia are in Sackville," he says.

That would get you about a 14-foot wide by 72-foot-long home with one or two bedrooms and bathrooms and you'll have to rent space in a park. That could cost from $120 a month to $320 for more high-end parks.

"The majority of mini homes in Nova Scotia are in Sackville."
DAVID GRACE, REALTOR

"Then you move into your semis, which for the most part range from $140,000 to $180,000," he says.

Those are found in spots like Rankin Drive, Riverside Drive or Skyridge Avenue.

That will buy three levels and two- to three-thousand square feet in a 25-year-old building.

"There are a lot in Millwood that are designed like a baby split [level]," Grace adds, noting there are not many new developments.

One exception is the new townhouses under construction on Beaverbank Road, which go for about $230,000.

"Those are well sought after," he says. "The overall average property sells in the $143,000 range."

Top dollar go for places in Beaver Bank and the Monarch Estates. Those large houses on lots of one or two acres fetch about half-a-million dollars and many offer wooded or waterfront property.

30 Sackville is a 30-minute commute from downtown Halifax, making it a popular dormitory community.

JON TATTRIE/FOR METRO HALIFAX



▶ A home on Beaverbank Road in a well sought after area of Sackville.

Fast transit to core

The Metro Link express bus service, route 185, connects commuters to the downtown in about 25 minutes from the Sackville Terminal in Lower Sackville. Bus service outside of that is patchy and it can take upwards of an hour to get to Halifax.

JON TATTRIE/
FOR METRO HALIFAX

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JUNE 30
Kinfest Dance
6pm – 1:00 am, Kinsmen Club

Concert in the Park
6:30 – 11:00pm, Kinsmen Park
Featuring: Charlie A'Court & Skratch Bastid

Fireworks display
Dusk, Kinsmen Park (rain date July 2)

JULY 1
Canada Day Celebrations!
• Canada Day Parade: *9am, Sackville Drive*
• Flag Raising/Affirmation: *11am, Fultz House Museum*
• Teddy Bear Picnic: 1-3pm, *Kinsmen Park*
• Citizenship Court Ceremony: *Registration 1pm, Sackville Legion*
• Patriot Days Award Ceremony: *3:15pm, Lions Den*
• Steer Barbecue: *4pm, Lions Den*

For more information, visit
www.sackvillenovascotia.ca/patriotdays

Sackville offers something for everyone

Hiking, historical museum and photography club are just some of the options

RICHARD WOODBURY
FOR METRO HALIFAX

Whether you are looking to take a hike, belong to a photography club or check out a historical museum, there are a lot of options for things to do in Sackville.

"Sackville is a wonderful community for trails," says city councillor Brad Johns. "For anybody who is a hiking enthusiast, there's probably about five or six really good trail systems that are well-established in Sackville."

Being a primarily residential area, there are also a lot of outdoor facilities which people can use to play sports such as basketball, tennis and soccer.

But for the indoor sports enthusiast, the Sackville Sports Stadium is a weekend warrior's dream. The fitness complex includes a 12,000-square-foot fitness centre, six-lane 25 metre pool, hockey arena, fieldhouse and fitness studios.

"We've got so much to offer here," says Michael Bird, the Stadium's general manager.

And for those interested in more creative endeavours, the Sackville Photography Club has been bringing together photographers of all skill levels since 1988.

"We do seminars, workshops, we have guest speakers in, we go on field trips, (we do) anything and everything that has to do with photography," says Denise Ward, the chairperson of the club.

130
The number of current members in the Sackville Photography Club

Members meet twice a month for meetings at Acadia Hall. The field trips take the group all across the province, even out of province. Past trips have been to Digby, Cape Breton, and Sussex, N.B.



▶ Sackville is a wonderful place for the hiking enthusiast. It offers five or six well-established trails, says one city councillor.



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ISTOCK PHOTO



For the history buffs

For those who are looking to learn more about Sackville's history, the Fultz House Museum is a community-based non-profit museum run by volunteers.

"We focus not only on Fultz' history, but also all of Sackville," says summer student Emily Ricketts. "So there's lots of different artifacts from Sackville and the surrounding areas."

A popular attraction is Tuesday's traditional tea and luncheon, which only costs $6.

"We definitely have our regulars that come all the time," says Ricketts.

Admission to the museum is free, but donations are appreciated. The facility will be open seven days a week during July and August.

RICHARD WOODBURY

1865 is the year construction began on the Fultz House.

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JON TATTRIE
FOR METRO HALIFAX

If you need to have your ashes shot into outer space, to borrow a full-scale replica battleship gun or to buy vintage Fisher Price toys, Bill Mont is your man.

The legendary Sackville resident runs Pleasant Hill Cemetery, founded the Sackville flea market and generally leads an unexpected life.

Mont, 81, speaks about his graveyard as though it were a raucous party. It's the final resting place for entertainment luminaries such as fiddler and CBC host Don Messer, numerous academics, police chiefs, a war hero, a knight and Ada MacCallum, the madame who operated Halifax's biggest bawdy house from the 1940s to her death in the 1980s.

JON TATTRIE/FOR METRO HALIFAX



Bill Mont

Mont is one of the few people in the Maritimes to offer a "green" burial, one of which was recently donated to the Ecology Action Centre for a fundraising auction, and is now plotting space burials.

He's signed a deal with Celestis to offer people the chance to shoot their ashes into space and return them to Earth for burial, to "bury" them on a satellite, the moon, or plunge them into deep space.

"It's unique," he admits. "You'd be up there with the angels, floating around in the heavens. We can guarantee you won't go 'below.'"

He's also planning a yearly "fiddler on the hill" tribute to Messer and hopes to make Pleasant Hill the place to be if you're dead and famous in HRM.

He started the flea market decades ago and its current iteration at the Downsview Mall is a popular spot to hunt for odds-and-ends and rare toys. "We're holding the flag in Sackville," he says.

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Loverboy will Rock Weir Field

- Annual Weir Rockin' concert has become important community event
- One of the 'most significant events' for Upper Sackville: Councillor

RICHARD WOODBURY
FOR METRO HALIFAX

TORSTAR FILE PHOTO



▶ Loverboy, seen here accepting a Juno Award, will be headlining this year's Weir Rockin' concert.

Canadian rock legends Loverboy will be the headline act at this year's Weir Rockin' on August 21 at Weir Field in Upper Sackville.

"For the community of Sackville as a whole, it's become the buzz thing of the summer," says city councillor Brad Johns.

Since the first Weir Rockin' happened in 2007 with April Wine serving as the headliner, the event has grown in popularity and is expected to attract 3,000 people this year — nearly twice the attendance of the original concert.

Weir Rockin' is run by a group of close to 10 volunteers year-round, but the number of volunteers grows to about 150 on the day of the concert.

The event is fully licensed so attendees must be at least 19.

Weir Rockin' is taking place in Upper Sackville, an area where Johns says that not a lot of events take place.

"Loverboy is my generation."
CITY COUNCILLOR BRAD JOHNS

"I would say this is probably one of the most significant events that takes place in Upper Sackville," he says.

One of the objectives of Weir Rockin' was to make the event an important date on people's social calendars, says Andy Conrad, one of the members of the organizing committee.

"What we wanted to do was have an event that is talked about in Sackville and summer vacations are planned around it and everybody knows they can run into old friends and have a good quality night out," he says, adding that people will also get to "enjoy some classic Canadian rock music."

Past headliners

So, who else has headlined the Upper Sackville Weir Rockin' concert?

- **2007** – April Wine
- **2008** – Chilliwack and Haywire
- **2009** – Trooper and Harlequin
- **2010** – Loverboy

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Give rosé a chance

Do real men drink pink? I say yes, and so do real women.

Problem is too many of you aren't getting the message. While rosés — those wines that get their blushy hue from either limited red skin contact with the juice or by combining red and white wines together — are the toast of the town in just about every other civilized nation; here in Canada they're about as popular as Lindsay Lohan at an Amish barn raising.

Now that summer has finally arrived wine shops across Canada will be trying to get you on the rosé bandwagon with a selection of new pinkies.

While good rosé can be made anywhere, Australia, Chile, Argentina and southern France are great places from which to fill your glass. Same goes for Spain where wines like the bright and refreshing Chivite 2008 Gran Feudo Rosado ($11.95 - $14.99) end with a crisp, palate-cleansing finish.



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Dressing up mac and cheese

Your favourite cheesy indulgence gets an upgrade with chives, bacon

CARLO MENDOZA



Serves 6
Prep time: 20 min.
Cooking: 20 min.

Ingredients:

- 5 Tbsp unsalted butter, plus more for preparing pans
- 2 cups white bread, crusts removed and cut into 1/4-inch dice
- 1 1/2 cups grated sharp cheddar cheese
- 2 tsp kosher salt
- 1 Tbsp olive oil
- 1/3 cup diced thick cut bacon
- 1/3 cup finely diced onion
- 3 1/2 cup milk
- 1/4 cup all-purpose flour
- 1 cup grated gruyere cheese
- 2 Tbsp chopped chives
- 1/4 tsp freshly ground black pepper
- 1 pinch ground nutmeg
- 1 pinch ground cayenne pepper
- 1 lb short noodle pasta

Preparation:

1. Preheat oven to 400°F. Butter 8 (1-cup) ramekins and place on a rimmed baking sheet and set aside.
2. Microwave 2 tablespoons of butter on high until melted, about 30 seconds. Add bread to melted butter and toss to combine. Add 1/4 cup cheddar cheese and 1/4 teaspoon salt, toss again and set aside.
3. Set a large saucepan over medium heat and add oil. Add bacon or pancetta and onions and cook until onions are translucent, about 4 minutes. Drain excess oil, add milk and bring to a boil. Remove from heat and set aside.
4. In a second saucepan set over medium heat, melt remaining butter. Whisk in the flour and cook for 1 minute, stirring constantly to prevent scorching. Gradually whisk in reserved milk mixture until smooth and cook, continuing to stir until mixture bubbles and thickens, about 3 minutes. Remove from heat, stir in remaining cheeses, chives and spices.
5. Cook pasta to barely al dente, as directed on package. Drain pasta thoroughly, return to pot and stir in reserved cheese sauce. Divide mixture among prepared ramekins. Top with reserved bread mixture and bake until cheese sauce is bubbling and top is golden brown, about 15.

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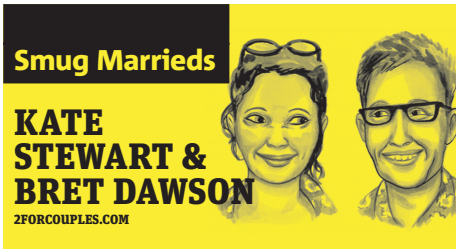
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STANDING UP TO THE IN-LAWS

I am no longer comfortable spending time with my common law's family because they always make backhanded compliments. I've tried talking to him about this, but he thinks I'm acting like a spoiled brat. He says that if I feel insulted, I'm a big girl and should stick up for myself. I feel that because it's his family, he should be sticking up for me. What should I do?

Kate says...
Yes, you are both right. If his family is treating you with disrespect, you have a duty to yourself to insist that they do not. Show them that you are not a person who accepts that kind of juvenile nonsense. Not to get all Oprah on you, but if you treat yourself with respect, and if you set an example with your actions and your words, they will start seeing you as someone not to be messed with.

This is harder to do if you've already allowed the pattern of rude behaviour you describe to become established in your relationship with them. You might have to (once, and only once) open a great big can of whup-ass to set the record straight. Once that's done, you'll have to play by your own rules and insist, firmly and politely, that they don't take petty swipes at you. Also, what's with your partner? You are not making an unreasonable request that he defend you in front of his family. The two of you need to make a stop-picking-on-my-girlfriend pact.

Bret says...
The other possibility is that you are hateful or boring or off-putting in some way, and your in-laws are just responding like any sane and reasonable person would, and your common law is hiding the truth from you. Here are three quick questions to ask yourself. And be honest. 1) Do you baby talk to grown-ups? 2) Are you kind of a downer to be around? 3) Does your breath stink? You're welcome.

Can I still go out with the girls as much once I get hitched?

Kate says...
If you've pinpointed going out with your girlfriends as a possible problem, is it because it's a problem now? Then you should come to an arrangement with your partner, because any problems you have now won't disappear in a sprinkling of pixie dust when you walk down the aisle. Or are you assuming it will become a problem once you're married? In that case you should take a look at your expectations. Throwing a wedding isn't going to change the way the two of you relate to each other.

Bret says...
I suspect that "the girls" aren't really girls, and that you're actually a guy who likes his hockey with many pitchers of macro-brew and many 60-inch plasma screens and especially many other men. That's okay. You don't have to give that up. But you are a loser for fudging your gender in your question. Admit your love for man evenings!

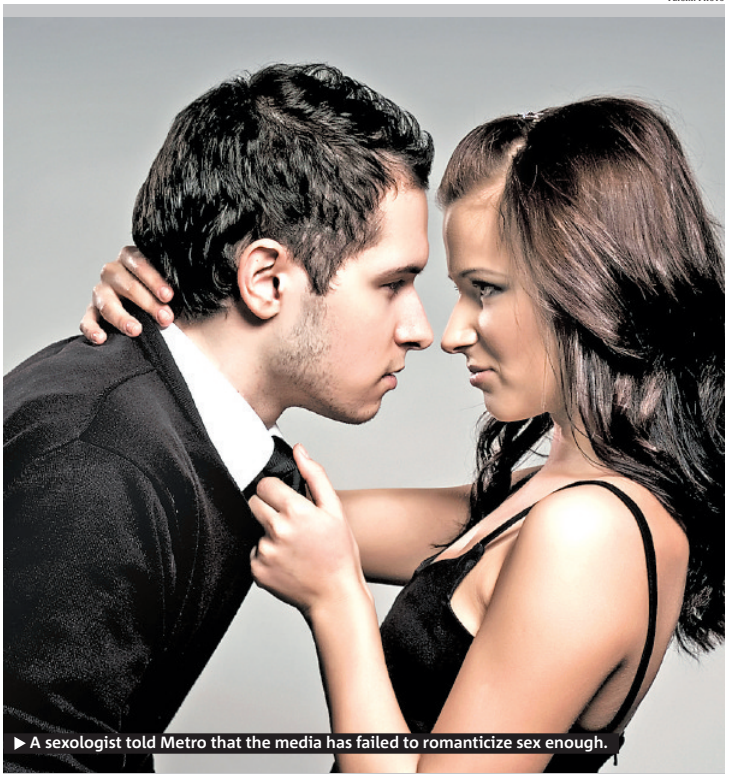
Gunning for a great sex life?

Metro talks with a sexologist on the pressure couples are under to have amazing sex on certain dates Her advice? Make every day Valentine's Day



DANIEL HOLLOWAY
METRO WORLD NEWS

FLICKR PHOTO



▶ A sexologist told Metro that the media has failed to romanticize sex enough.

How would you define the term "sexologist"?

"As someone who has had graduate-level academic training in human sexuality, has studied human sexual behaviour and psychology," says Dr. Yvonne K. Fulbright. She should know. Fulbright is a sexologist by trade, and the author of five books, including Touch Me There! A Hands-On Guide to Your Orgasmic Hotspots.

Is there a lot of pressure on anniversaries and Valentine's Day for couples to have better-than-usual sex?
There's so much hype around the holiday for men to make it not just the most romantic night, but also full of the best sex of your lives. Because it's been dictated that this holiday is more about material goods, I think a lot of people just feel like they're going through the motions rather than take it as a day to show appreciation and love, and to celebrate romance and intimacy.

What advice would you give a couple who was looking to recapture the spark in their sex life?
A lot of couples need to start over at square one, which is wooing each other. Forget trying to have sex on a regular basis — try to remember why you're attracted to each other and try to feel reconnected. Try to fall in love all over again.



"Forget trying to have sex on a regular basis ... try to fall in love all over again."
DR. YVONNE K. FULBRIGHT

How do you woo someone who sees you drooling on your pillow in the morning?
Approach it delicately. Say, "I want to start doing special things for you. I've got a couple ideas of my own (even if you don't), but I feel like I can do a better job if you tell me what would be meaningful to you." The other person might not know what to make of it at first, but ultimately they're going to feel like their ego has been stroked. People like feeling flattered, they like feeling desired. That's what has always annoyed me personally about this holiday: People should treat every day like it's Valentine's Day. We shouldn't just be nice to each other once a year.

Does the way the media portrays sex and romance set unrealistic expectations for Valentine's Day?
I think one thing the media fails to do, except around this holiday, is romanticize sex enough. We actually tend to cast it as something very separate from the rest of ourselves, something that should be amazing with relatively little effort, some quick moves, a couple hot spots hit and a lot of goals in mind. The bigger picture is that it's about emotions and what's really going on in the relationship. We have to spend more time thinking about the basics — how love and romance make for a better sex life.





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I furnished my entire house for less than $3,500; and it's been featured in Canadian home buying articles for its classiness and style. Rather than spending a small fortune on brand new furniture, I hit up eBay, Craigslist, auctions, garage, estate and going-out-of-business sales. I scored my dining-room table for $50, TV stand for $8, stove for $60, bedroom set for $600 and gorgeous couches for $500. Most items were unused and still in their original wrapping.

You can still be frugal without haggling store clerks or sacrificing your image.

I have nice outfits, a spacious house, a cool car, and I take a sweet vacation each year.

But, I never pay full price for anything.

Savvy spending saves me time and money because I know when, where and how to shop.

The best time to shop is when there are sales; so sign up for email notifications and watch for red or yellow clearance signs.

Last minute travel deals, for example, are advertised on websites and by spam email.

If what you want isn't marked down, ask for a discount — yes, this actually works, especially when you're paying in cash.

"Being an overzealous, debt-ridden shopaholic is unhealthy and won't help you achieve financial independence"

The best places to shop are those where you can buy on-sale high quality goods.

Many reputable auction houses, for example, offer superior products at bargain prices like cars, furniture and art.

Using discretion, avoid products that have a reputation for shoddy workmanship; they'll break and likely cost you more in the long run.

The best way to shop is to first determine whether you actually need the product or just want it.

If you don't need it, don't buy it; no matter how good the sale is.

Being an overzealous, debt-ridden shopaholic is unhealthy and won't help you achieve financial independence.

A good deal you can't afford is never a good deal.

But, if you're primed for a purchase, try paring down (choose the iPod Shuffle vs. the Nano) or buy "used" through reputable online websites.

For regular household items, buy in bulk or shop in stores with concrete floors. Last, sign up for loyalty programs so you can collect points — everyone loves freebies!

The more you save, the bigger your net worth grows, getting you closer to financial freedom — and that's a future you really want to afford.

Lesley Scorgie is the bestselling author of Rich by Thirty: A Young Adult's Guide To Financial Success and Rich by Forty.

Interest rates/ Savings accounts

BANK	RATE
BMO	0.70%
CIBC	0.70%
HSBC	0.65%
ING	0.75%
PCF	1.0%
RBC	0.85%
SCOTIA	1.0%
TD	0.25%
ALLY	2.00%

CHECK BANK WEB SITES AS SOME RATES REQUIRE MINIMUM ACCOUNT BALANCE

Be wary of gift cards

Gift cards are a convenient, affordable way to give gifts to friends and family yet they can have certain limitations that may not always be obvious at the point of sale.

Ask the salesperson if the card has an expiry date or any other limitations such as only being applicable to regularly priced items. Rules about gift cards vary; you can check the policy in your area by visting ConsumerInformation.ca.

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The rebuilding isn't over yet

Mooseheads hold 3rd overall pick in today's CHL import draft

MATTHEW WUEST
@METRONEWS.CA

It's a big day for the Halifax Mooseheads as they continue to rebuild their struggling franchise.

The Mooseheads hold the third overall pick in the Canadian Hockey League import draft and will file their selection online at 10:30 a.m.

Although Mooseheads general manager Cam Russell won't say who he wants to take, expect it to be a high-impact forward.

The Prince George Cougars and Sarnia Sting hold the first and second picks.

"We feel we're going to get an exciting player who will be with us for the next two or three years, somebody who can step in right away," was all Russell was willing to say.

"We feel we're going to get an exciting player."
CAM RUSSELL

It's common for GMs to have pre-draft agreements with imports and typically they don't want to let other teams know about it.

The Mooseheads need a player with a scoring touch to help replace departed captain Tomas Knotek, who signed a pro contract in Finland.

A handful of players fit that bill.

"We have three guys (who want to play in Halifax) and we'll take the best guy remaining at the third spot," Russell said.

METRO FILE



▶ With captain Tomas Knotek heading to Finland, the Mooseheads need a new import to score their goals.

CHL import draft



Five players to watch for in the CHL import draft, according to International Scouting Service.

- **LW Martin Frk (Pictured):** Skilled Czech has a mean streak and is ISS's No. 1 prospect.
- **C Victor Rask:** He might not want to play in the CHL, but is one of the best players available.
- **LW Nicklas Jensen:** The speedy Dane's father played in the OHL.
- **C Joel Armia:** A six-foot-three Finnish sniper.
- **LW Sondre Olden:** The six-foot-four Norwegian sleeper was drafted by the Maple Leafs on Saturday.

Find out who the Mooseheads picked today at metronews.ca/qfiles

Shelley could be on his way out of New York

Former Halifax Mooseheads captain Jody Shelley could be on the outs with the New York Rangers.

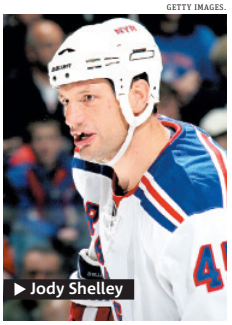
Shelley has not yet been offered a contract extension from the Rangers, according to the New York Post, and is set to become an unrestricted free agent on July 1.

The 34-year-old left-winger joined the Rangers at mid-season in a trade from the San Jose Sharks and had two goals and seven assists along with 115 penalty minutes while earning $750,000.

1,347 Number of penalty minutes Shelley has recorded in his nine-year, 538-game NHL career.

METRO HALIFAX

GETTY IMAGES.



▶ Jody Shelley



4 sports

Sports in brief



1 Justin Morneau leads all-star vote for first base.

2 Cubs pitcher Carlos Zambrano will be placed on the restricted list.

3 Cincinnati Bengals receiver Chris Henry suffered from a chronic brain injury, research said. THE ASSOCIATED PRESS

Scan for code for sports news

Brazil soars over Chile into quarters

Three different players score for Brazil as Chile becomes South America's first casualty Win sets up a date with the Netherlands

BRAZIL	CHILE
3	0

Goal Scorers: Brazil: Juan (34th), Luis Fabiano (38th), Robinho (59th)
Shots: Brazil: 17; Chile: 15
Shots on Goal: Brazil: 6; Chile: 2
Attendance: 54,096

Juan, Luis Fabiano and Robinho scored as Brazil moved closer to a sixth World Cup title, beating South American rival Chile 3-0 yesterday to reach the quarter-finals.

Juan gave his team the lead in the 35th minute with a firm header from a corner, sending the ball into the upper left corner and past the outstretched arms of Chile goalkeeper Claudio Bravo.

Luis Fabiano added to the lead from a fast breakaway in the 38th, receiving a one-touch pass from Kaka and dribbling past Bravo inside the area before scoring into an open net. Robinho started the play with a run on the left side before finding Kaka at the edge of the area.

1962
Chile was trying to advance past the second round for the first time since its home tournament in 1962.

Robinho then scored his first goal of the tournament with a shot from the edge of the area in the 59th, receiving a pass from Ramires and shooting inside the far post.

It was Robinho's seventh goal in Brazil's last six matches against the Chileans.

Brazil will next face the Netherlands, which beat Slovakia 2-1.

Chile became the first of the five South American teams to be eliminated from the World Cup. Argentina, Paraguay and Uruguay are still in the tournament along with Brazil.

"We leave the tournament knowing that we gave everything on the pitch," Bravo said. "We are a very fragile team at times. We attack very well, but we have to know when to defend."

Brazil has now reached the quarter-finals of the World Cup every time since 1990. THE ASSOCIATED PRESS

MICHAEL STEELE/GETTY IMAGES



▶ Luis Fabiano of Brazil jumps over Claudio Bravo of Chile to score.

Sports in pictures

PHOTOS
1. CLIVE BRUNSKILL/GETTY IMAGES
2. MATTHEW STOCKMAN/GETTY IMAGES
3. MATTHEW STOCKMAN/GETTY IMAGES
4. HAMISH BLAIR/GETTY IMAGES
5. HAMISH BLAIR/GETTY IMAGES



1 Andy Roddick was stunned in the fourth round at Wimbledon by 82nd-ranked Yen-hsun Lu of Taiwan.

2 Serena Williams overcame Maria Sharapova to reach the quarters and avenge her loss to the Russian in the 2004 final.

3 Roger Federer swept past 16th-seeded Jurgen Melzer 6-3, 6-2, 6-3 to reach his 25th consecutive Grand Slam quarter-final.

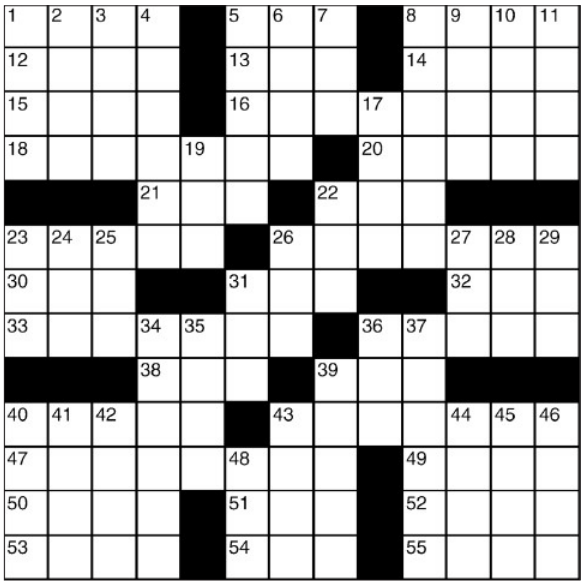
4 Kim Clijsters rallied to beat Justine Henin 2-6, 6-2, 6-3 in an all-Belgian duel between former No. 1-ranked players.

5 Rafael Nadal beat Paul-Henri Mathieu in three sets and showed no sign of the right knee trouble that bothered him previously.

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Crossword



Across

1 Open slightly
5 Knock
8 Speedy steed
12 Equine crossbreed
13 Ram's mate
14 Zilch
15 Use 18-Across
16 Prefixed explanation
18 Windows feature
20 Red Sea land
21 Science workshop
22 Meadow
23 Refine
26 Hasp fastener
30 Feedbag tidbit
31 Curse
32 Weeding tool
33 Tetanus
36 Askew
38 Promptly
39 Larry and Curly's pal
40 Foolish folks
43 Mandible
47 Nitwit
49 Vicinity
50 Carrier to Tel Aviv
51 Eggs
52 Afternoon affairs
53 Journals
54 "Platoon" site
55 Catch sight of

Down

1 "So be it"
2 Martial art
3 Settled down
4 Narrate anew
5 Habit-kicking program, for short
6 Dumbfounded
7 Shell game need
8 Temper, as metal
9 Leeway
10 Initial stake
11 Existed
17 Changed the color
19 Butter serving
22 Remiss
23 Scale member
24 Long March leader
25 And so on (Abbr.)
26 "Wham!"
27 Discoverer's cry
28 Swindle
29 Frat party container
31 Manhandle
34 Prepares to pray
35 Tease
36 "Holy moley!"
37 Money-back deal
39 Sir's counterpart
40 First victim
41 One's performance
42 Unforeseen woe
43 Morning beverage, slangily
44 Raw rocks
45 Tide variety
46 Simple
48 Very long time

▶ Yesterday's answer



Sudoku

8		7	3		9	1		6
		6				8		
	4						3	
		5	8		4	2		
3								1
		2	9		6	7		
	8						2	
		4				9		
5		1	7		2	3		4

How to play

Fill in the grid, so that every row, every column and every 3x3 boxcintains the digits 1-9. There is no math involved.You solve the puzze with reasoning and logic.

Yesterday's answer ▶

7	1	2	4	5	6	3	9	8
6	4	8	9	1	3	2	7	5
3	9	5	7	8	2	4	1	6
9	2	3	1	6	4	5	8	7
1	5	4	8	9	7	6	2	3
8	7	6	3	2	5	9	4	1
4	8	1	6	3	9	7	5	2
2	3	9	5	7	1	8	6	4
5	6	7	2	4	8	1	3	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Thanks to everyone for the birthday wishes. It's so nice that everyone took a moment to think of me yesterday
HAILBAIL

Francesco this Metro Kiss is just for you.
LAI XO...

Adam and Sophia: Summer is here, we are going to have so much fun! Love you both very much
MOMMA XOXOX

I love you Ahamad!
L XO...

You're an amazing Mom. Good luck on Wednesday.
LOVE, CHRISTINE

How did I get so lucky?
XO MARIA

Dear Brut, Congrats on the new ta-tas
WONDER WOMAN

The Weather Network
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Today Cloudy 23° / 16°
Wednesday 60% Showers 20° / 11°
Thursday Partly cloudy 20° / 11°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aires March 21-April 20 If you need to make changes on the home front then now is the time. In fact, if you don't make changes soon something will force you to change.

♉ Taurus April 23-May 21 Your awareness of how quickly time passes and how much needs to be done will motivate you to cram as much as you can into the next 24 hours. But don't overdo it.

♊ Gemni May 22-June 21 What you achieved yesterday and the day before may have been good but it is what you achieve today and tomorrow and the day after that which matters. Set your sights high and get cracking.

♋ Cancer June 22-July 22 Whatever you want most out of life you will find a way to get over the next few weeks, and you won't let anything stand in your way.

♌ Leo July 23-Aug.23 For your own peace of mind you need to carve out some time when you can be on your own.

♍ Virgo Aug. 24- Sept. 22 You will meet someone today who has remarkable ideas, the kind of ideas that can inspire you to accomplish great things.

♎ Libra Sept. 23-Oct. 23 Play by the rules and resist the urge to cut corners, even if you are certain that you won't be caught. It's not those in authority you most need to worry about but the bad feeling you will get from your own conscience.

♏ Scorpio Oct. 24-Nov. 22 Throw caution to the wind and do whatever it takes to make your mark on the world. Aim to be first in everything and before the Sun dips below the horizon your name will be on everyone's lips – hopefully for the right reasons.

♐ Sagittarius Nov. 23-Dec. 21 If you have made any promises in recent weeks then you will be expected to deliver on them today, no matter how difficult that might be.

♑ Capricorn Dec. 22-Jan. 20 Like it or not other people will have the last say as to where you can go and what you can do over the next 24 hours. That might not sound appealing but you will just have to put up with it – for now.

♒ Aquarius Jan. 21-Feb. 18 Cosmic events in the work and well-being area of your chart urges you to make detailed plans before embarking on anything new. Make sure you research all the pros and cons before starting a new fitness regime.

♓ Pisces Feb. 19-March 20 You will find yourself in a position of power today, and that's nice, but the extra responsibility will also bring a certain amount of stress. Do you think you can handle it? If not, that's okay.

SALLY BROMPTON

SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

Caption contest



WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARTIN MEISSNER/THE ASSOCIATED PRESS




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